



NAVAL MEDICAL CLINIC ANNAPOLIS

CLINIC CRIER

Homepage - <http://nmclanna.med.navy.mil>

WINNER OF THE 2001 NATHANIEL STINSON - EEO AWARD



250 Wood Road,
Annapolis, MD 21402-5050



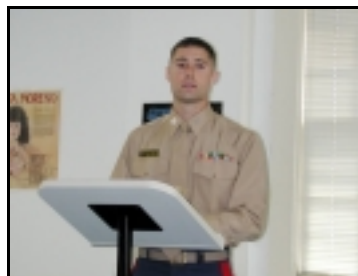
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OCTOBER 2001

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Hispanic Heritage Celebration

Captain Matthew E. Tune, United States Marine Corps, kicked off the celebration as NMCL guest speaker on 12 October 2001. Captain Tune, the son of a naval aviator, was born in Pensacola, FL and spent his childhood in various naval air bases in Guantanamo, Cuba, Subic Bay, Philippines, and Kingsville, TX. He highlighted the many contributions that Hispanic-Americans have brought to this country, and in particular, the military. Hispanic-Americans present in the room were summoned not to forget their heritage and remain proud of their past and culture; non-Hispanic-Americans were asked to reach out and touch a Hispanic-American and learn about their culture and contributions to the country and the military. Captain Tune is presently assigned as Spanish Instructor at the Naval Academy. He is married to Hetty, a Cuban-American, and they have two children Matthew and Francesca.



New State of Maryland Drunk Driving Law

Public Safety Announcement by: CAAC

Facts About .08 Law

Consider the following facts: Although blood alcohol content (BAC) levels vary from person to person based on a number of factors, an average 170-pound man would reach .08 percent BAC after consuming four drinks in one hour on an empty stomach. The National Highway Traffic Safety Administration (NHTSA) reports that a 137-pound woman would reach .08 BAC after about three drinks in an hour on an empty stomach. The .08 BAC is the level at which fatal crash risk significantly increases and virtually everyone is seriously impaired, affecting all of the basic critical driving skills including: braking, steering, lane changing, judgment and response time.

Although you may be educated about drunk driving and the new .08 BAC laws, the safest way home when you have been drinking is with public transportation or a designated driver.

Did You Know?

Last year, 40 percent of all traffic crashes were alcohol related and 16,653 people were killed. In Maryland alone, 225 people died in alcohol-related crashes-that is 38 percent of the 588 total traffic fatalities.

The Military has also adopted some pretty tough liability standards concerning alcohol-related injuries, accidents or deaths. Don't risk your health, your life or your families' security. DON'T DRINK AND DRIVE !!!

A word from your DAPA

By HM1 Larry Correa - Command DAPA

I would like to take this opportunity to introduce the command's new Assistant DAPA, HM2 Doersom. HM2 Doersom currently works in the Physical Therapy Department as a Physical Therapy Technician. She has been in the Navy for five years, and is married with two beautiful daughters. In the upcoming months, we will be promoting the Navy's

Coming Soon!

OCTOBER 2001

19 Awards Ceremony

NOVEMBER 2001

8 Personnel Inspection/
Awards Ceremony

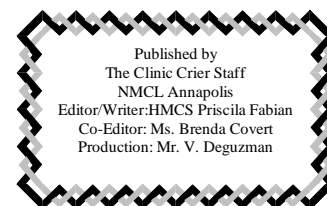
12 Veterans' Day

16 Native American Heri-
tage Celebration

22 THANKSGIVING DAY

TRICARE Enrollment

| | |
|------------------|------|
| Active Duty | 7832 |
| AD Family Mbr. | 3308 |
| Retiree | 659 |
| Ret. Family Mbr. | 1098 |
| Others | 7 |



Continued on page 4

Support our Military

An excerpt from the Navy Marine Corps Medical News 12 Oct 01 MN014007.

It's only mid-October, but it's not too early to think about the thousands of Sailors and Marines who will be serving away from their families and friends with Operation Enduring Freedom this holiday season.

If you'd like to send a greeting, Operation Dear Abby 2001 will accept mail beginning Nov. 15, 2001 to Jan. 15, 2002.

Operation Dear Abby was started 17 years ago by nationally syndicated columnist Abigail Van Buren in collaboration with the Military Postal Service Agency to bring holiday cheer to the men and women of the armed forces.

To ensure that the mail is received within the required time window and falls within Department of Defense security guidelines, mail will be limited to first-class letter mail, 13 ounces or less. Send mail to either of the following addresses:

- Any Service Member, Operation Dear Abby, FPO AE 09646 for military personnel in the Mediterranean basin.

- Any Service Member, Operation Dear Abby, FPO AP 96385 for military personnel in the Pacific basin.

JCAHO - MOCK SURVEY



CAPT (Sel) McCarthy reviewed the medical staff credentials files with Mary Zaiser and Eva Miller, while CAPT Herrold, CDRs Adam and Baker participated in the discussion.



CAPT (Sel) McCarthy visited the Specialty Care Department. HM3 Powell and HN Folts had JCAHO-ready responses for each question, while CDR Adams, NMCL Chief of Medical Staff, observed the survey in progress.

Coping with Stress

There are a number of common strategies that individuals utilize when coping with extraordinary stress in their lives. These strategies, while effective at manageable levels of stress, can become unproductive or detrimental when stress reaches overwhelming or traumatic levels. It is important to remember that individuals have their own way and pace of processing traumatic events, and that each individual must listen to and honor their own pace and way. A general guideline is to monitor your reactions, and to increase those coping strategies that work for you in other stressful circumstances. Research on individuals with positive responses after a traumatic event indicates that their preferred coping mechanisms are to:

- Focus on brief time intervals when in a problem-solving mode (e.g., thinking only about what to do next) or focus on extended time intervals to obtain a less devastating picture of the trauma (e.g., as one tragic event in a full and meaningful life).
- Maintain a view of the self as competent and of others as willing and able to provide support.
- Focus on the current implications of the trauma and avoid regretting past decisions and actions (Horowitz, 1986).

The process of "converting" traumas into "growth experiences" has the following characteristics:

- It is usually done by the individual alone, but confidants can also suggest new interpretations.

- It usually occurs between 2 weeks and 4 months following the stressor.
- It can enhance coping with subsequent stressors.
- It usually depends more on individual's psychological resources than on the characteristics of the stressor event.
- It is intuitive, rapid, and sudden, rather than an extended logical thinking process ("sudden insight," "flash," "revelation.").

(Finkel and Jacobsen, 1977)



Commanding Officer
Naval Medical Clinic
250 Wood Road
Annapolis, MD 21402-5050

The stamp machine is finally in operation in the Pharmacy passageway. No more running out to the local post office looking to buy stamps for your bills or greeting cards--we have our very own stamp vending machine. The machine sells books of 20 stamps for \$6.80. Remember, the machine is on a 90 day trial period so let's generate as much business as possible to make it permanent with a chance for an upgrade. On top of the machine there are customer consumer cards for customers to fill out. If you have any questions feel free to contact PC2 Palmer at x1173 or x1176.



COMMAND MASTER CHIEF'S CORNER HMCM(AW/SW/NAC) RONALD O. RANG, USN



Spinning around the dial ...seems like every time I turn around, I'm thanking the staff for all that it does (keep up the great work). Thanks to the Multicultural Committee for a great "Spirit-of-Freedom" and Hispanic-American Heritage celebration luncheon, and for raising a nice donation for the American Red Cross. Another BZ to the personnel (you know who you are) that planned and set up Navy-fest. A good time was had by all...(including the Boston College football team). The Command personnel Inspection is scheduled for the afternoon of 8 November, uniform will be service dress blues with skirts for females...Congratulations to HN Diehk and HN Ebbert for tying the knot last month...Happy Birthday to HA Barnes who turned twenty-one (Yikes!!!)...Thanks to PRODEV for getting about 96% of us trained in BLS...Did you know that HM1 Moesch and HM2 Rogers from the PT department took an American Flag and ran with a group from the Academy. They started at the Pentagon and ended at Ground Zero in NYC where they presented the flag to the Head Fred in charge of the recovery efforts. All told, our two HMs ran about 45 miles collectively...Don't be surprised if you see HM2 Taylor, HM3 Hicks, or HN Sok manning a NAVSTA gate. They were tasked (selectively volunteered!) to be a part of the base Auxiliary Security Force. They will be training with the Marines and security department personnel...Once again thanks for ALL that you do.



Laboratory Accreditation

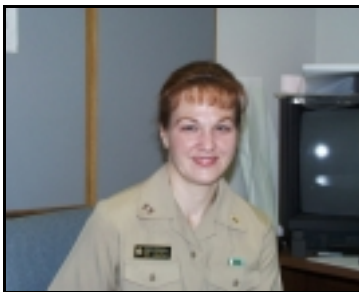
LCDR C. Weisz, MSC, USN

Naval Medical Clinic Annapolis Laboratory has been awarded an accreditation by the Commission on Laboratory Accreditation of the College of American Pathologists (CAP), based on the results of a recent on-site inspection.

The laboratory director, LCDR C. Weisz was advised of this national recognition and congratulated for the "excellence of the services provided." Naval Medical Clinic, Annapolis Laboratory is one of more than 6,000 CAP-accredited laboratories nationwide. The CAP Laboratory Accreditation Program, begun in the early 1960s, is recognized by the federal government as being equal to or more stringent than the government's own inspection program.

Inspectors examine the records and quality control of the laboratory for the preceding two years, as well as the education and qualifications of the total staff, the adequacy of the facilities, the equipment, laboratory safety, and laboratory management to determine how well the laboratory is serving the patient.

The College of American Pathologists is a medical society serving nearly 16,000 physician members and the laboratory community throughout the world. It is the world's largest association composed exclusively of pathologists and is widely considered the leader in laboratory quality assurance. The CAP is an advocate for high-quality and cost-effective medical care.



LT Eve Zentrich, MSC, USN

2001 - 2002 INFLUENZA SEASON

This flu season, we need to prepare ourselves for another Influenza Vaccine shortage. Once again, there is an anticipated delay in Influenza Vaccine delivery for the upcoming season. In his administrative message on preparing for the 2001-2002 Influenza Season, the Assistant Secretary of Defense (Health Affairs) asked that full-scale immunization campaigns be delayed until November. Initial supplies of Influenza Vaccine received by the Department of Defense are to be used to immunize mission critical military personnel and high-risk medical individuals. Mission critical military personnel are folks such as forward deployed operational forces and shipboard personnel. High-risk medical individuals include health care workers with direct patient contact and military medical beneficiaries with high-risk medical conditions (your physician will let you know if you fall into this category). As more vaccine becomes available, trainee populations, such as the midshipmen, will be vaccinated, followed by other active duty members and civilian beneficiaries. Please be patient during the upcoming flu season. Currently, we have no set dates when we will be receiving our first allotments of Influenza Vaccine. As new information becomes available, we will ensure that it is published on the Naval Medical Clinic Annapolis' web page (<http://nmclanna.med.navy.mil>), as well as in various bulletins and papers. Please refrain from calling NMCL Annapolis' Immunization Clinic. The latest information will be available on the clinic's web page, as well as in various clinic publications.



HM2 Sharon Doersom - SSOQ
YN3 Colleen Palacios - JSOQ



LCDR M. Picio - MilMed
LT G. Montalto - Pediatrics
HMC R. Murphy - PrevMed

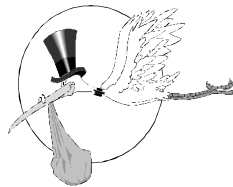


HM2 Klimczak awarded the Navy Commendation Medal presented by HMC R. Murphy at a ceremony held in Pediatrics Department 17 Oct. 2001



HN Renay Ebbert and HN Aaron Diehl tied the knot 19 September 2001.

HNs Erik and Julia Clark celebrated their first wedding anniversary, 9 October 2001.



Joseph Tyler born to HM2 Scott and Bonnie Lark on 22 September 2001.



Multi-Cultural Committee members pictured with Cpt. Tune and his family. MIDN Guitarra, an exchange student from Peru, attended the Hispanic Heritage Celebration.



NMCL Celebrated the Spirit of Freedom

Red, white, and blue balloons bearing names of departed Armed Forces members from the Pentagon attack, were released to demonstrate the spirit that binds all Americans after the catastrophic attacks of September 11- that is Freedom. HM2 Richardson and YN3 Palacios initiated this activity to raise funds for the American Red Cross fund to assist those affected by these events.

Continued from Page 1

Right Spirit Campaign. You may have already seen our DAPA Information Boards located in the basement level across from the Specialty Clinic and the second board located next to Chief Daye's office.

We strongly encourage ALL HANDS to stop by and get the latest facts. The Right Spirit Campaign began in 1996. It has been and remains the cornerstone for Navy's alcohol abuse prevention campaign, and is key to Navy's ongoing commitment to reducing the effects of alcohol abuse on readiness. The Right Spirit Campaign puts the responsibility for the effects of alcohol abuse on the individual. Everyone must promote positive attitudes and behaviors about avoiding alcohol abuse. Finally, with Halloween approaching please be sure to watch out for all the little witches and goblins. Remember, that "it's OK not to drink." Anyone choosing to drink, should do so responsibly-that means the right place, the right quantity, and the right time.

Support your MWR

Join in the celebration of the holiday. The MWR-sponsored Holiday Party will be on 8 December 2001 at the Bo' Coppedge Room, Alumni Hall starting at 6:00 PM. More information will be forthcoming.

Did you know.....

- that you can get discounted movie tickets for theaters in the area?
- that tickets for the Maryland Renaissance Festival can also be had for less?
- that even tourist attractions tickets in Florida such as Disney World, Universal Studios, Sea World, etc. are discounted for you? and if you don't want to travel very far, tickets for Busch Garden, Colonial Williamsburg, and Paramount's King's Dominion in Virginia, Six Flags America, and the National Aquarium in Maryland are also available for less.
- that leisure trips to Catoctin Wildlife Preserve and Zoo, Sesame Street Live in Fairfax, Amish Experience in Lancaster are also offered for less?
- that you can also get Ballroom/Salsa dance lessons?

For more information stop by at the Morale, Welfare and Recreation (MWR) ticket office located in the Recreational Services Building at Naval Station or call 3-9200.